Celebrity pg 18

Spears to star in bio as ... herself

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VANCOUVER • TUESDAY, OCTOBER 28, 2008 metronews.ca

Health pg 13

Guide to getting Bond's killer body

Street cams to keep an eye on you

KRISTEN THOMPSON
kristen.thompson@metronews.ca

You see "Smile, you're on camera" signs in banks, shops and even at transit stops, but soon you might also be on camera walking down your street.

A pilot project to put closed-circuit television cameras in high crime Vancouver and Surrey neighbourhoods was announced yesterday, with a promise of $1 million from the provincial government.

"Technologies such as (closed-circuit cameras) can greatly assist the police and prosecution in bringing offenders to justice," Solicitor General John van Dongen said at the announcement in Vancouver.

Wally Oppal, the attorney general of British Columbia, added that he realizes the program, which will also be in Kelowna, is controversial.

"People will be concerned with some of the issues around privacy rights," he said. "However … it cannot be contradicted that the surveillance aspect of these cameras enhances police efforts."

"There's no one-size-fits-all when it comes to solving and deterring crime. Different tools need to be used for different purposes," said Oppal.

"The evidence on crime reduction is inconclusive as far as general deterrence, but it's clear that (when) activities (are) caught on camera, it's easier to prosecute people."

Mayor Sam Sullivan said only communities that want the cameras will get them.

"We will go to community policing centres for suggestions and consultation."

But Micheal Vonn, policy director for the B.C. Civil Liberties Association, said a similar program in the United Kingdom has proven to be a failure.

"Their top (police) officer announced it to be 'a fiasco' that doesn't deter crime, doesn't help solve crime, and yet, costs a billion pounds," she said.

"We think it's unlikely that the privacy invasion of having cameras on the streets is going to be justified in terms of crime control."

RAFE ARNOTT/METRO VANCOUVER

B.C. Solicitor General John van Dongen listens as Attorney General Wally Oppal announces that security cameras will be installed in crime-prone Vancouver neighbourhoods as part of a pilot project.

Voters head to polls for byelections

MONICA MARTINEZ
for Metro Vancouver

RIDINGS Downtown residents are heading to the polls tomorrow to vote in two byelections, Vancouver-Burrard and Vancouver-Fairview.

Today, Metro looks at the candidates vying to replace Lorne Mayencourt, who resigned as MLA to run — unsuccessfully — for the federal Conservatives earlier this month.

Vancouver-Burrard ranks fifth in B.C. in percentage of university-educated residents, with an average family income of $72,013, according to Statistics Canada. It's also a riding where a lot of residents are renters.

In the 2005 election, Mayencourt retained his seat as a Liberal by a narrow margin of 11 votes to NDP candidate Tim Stevenson. Prior to 2001, the riding had been an NDP stronghold for more than 30 years.

The riding will be renamed Vancouver-West End for the May 2009 provincial election.

CANDIDATE PROFILES, PAGE 4

World pg 8

Plot to kill Obama foiled

Braidwood inquiry into YVR Taser death delayed again

TASER The second phase of the inquiry into Robert Dziekanski's death has been put off for a second time.

The Braidwood Commission, which will look at the circumstances surrounding Dziekanski's death at YVR, was first set to begin on Oct. 20, but that was pushed back to Nov. 12.

Now it's set to begin on Jan. 19, 2009.

The Polish man died after being Tasered by RCMP officers in the international arrivals terminal on Oct. 14, 2007.

Crown counsel said it's not decided if charges should be laid against the RCMP officers involved in the incident, and is seeking more evidence from the police.

Phase completed

- The first phase of the inquiry looked into the use, safety and effectiveness of Tasers in B.C. by police forces other than the RCMP.

The head of the commission, Justice Thomas Braidwood, said he was disappointed the hearing was postponed, adding that the public deserves to have answers to what occurred at the airport.

Dziekanski's mother Zofia Cisowski said through her lawyer that the delay is unacceptable.

"She's just beside herself," said the family's lawyer Walter Kosteckyj. "She believes this whole thing is being delayed because there are people who hope this will fall out of people's minds."

KRISTEN THOMPSON/
METRO VANCOUVER

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Your Money pg 11

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Writers & Readers Festival turns the page on its biggest year ever
This year's Writers & Readers Festival attracted more than 14,300 people to Granville Island — its largest audience to date. The six-day Festival that wrapped up on Sunday featured more than 100 national and international authors. METRO VANCOUVER

Local

Games arriving

Vancouver will host the 2011 North American Outgames, celebrating sport, culture and human rights. The Games will run from July 26 to 31 and will likely use several of the venues used in the 2010 Olympics. METRO VANCOUVER

Taxes will jump: Robertson

JEFF HODSON
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Vancouverites should expect a sizable tax increase next year, Vancouver mayoral candidate Gregor Robertson said yesterday as he unveiled his party's vision.

"We're looking at a 10 per cent increase for the year coming based on the NPA's (Non Partisan Association) commitments," Robertson said. "I'd like to see it reduced, but we may be stuck with it when we're in office."

Robertson said a Vision council would save money by re-directing monies from Project Civil City, the Downtown Ambassadors and the funding of a provincial lobbyist.

An external auditor would also look at City Hall's books to find "efficiencies."

Robertson said he'd like to see future tax increases at or about the rate of inflation.

Vision's 57-point plan focuses on four broad priorities: homelessness and housing, quality of life, the environment, and business and the arts.

"These ideas that are in the plan are deeply interconnected," Robertson said.

"The urgent need to end homelessness is tied directly to our actions to support a successful and stable economy."

Among Vision's promises is a pledge to eliminate homelessness by 2015, curbside composting and a one-lane trial for bicycles on the Burrard Street Bridge.

JEFF HODSON / METRO VANCOUVER

Vision Vancouver mayoral candidate Gregor Robertson, right, unveils his party's platform in the West End yesterday.

James wants action on taxes, economy

JEFF HODSON
jeff.hodson@metronews.ca

The province needs to slash the carbon tax, invest in skills training and re-vitalize the forest sector to keep B.C. sailing amid a global economic maelstrom, New Democrat Leader Carole James said yesterday.

"Last week the premier finally made a statement," said James in a televised address last night. "But he offered very few specifics and little hope for struggling families."

While she supports Campbell's decision to accelerate income tax cuts, James said the premier's nine-point economic plan didn't deal with "the one tax that hits you the hardest," the province's carbon tax.

The province, she said, should fund a green infrastructure program to build transit and help people retrofit their homes.

James' wish list

James' address called on the government to:

- Bring back student grants and cut student loan interest rates by 50 per cent
- Build 2,400 units of affordable housing and 1,200 more every year moving forward
- Curtail raw log exports and promote value-added manufacturing
- Create an economic development fund for rural B.C.

News in brief

SUSPICION Vancouver Police are warning the public after two girls, aged 15 and 17, were approached by potential abductors in Vancouver and Langley yesterday.

DEATH A 17-year-old girl is dead after being found at the Edmonds SkyTrain station in medical distress, the RCMP said yesterday. She died in hospital on Friday evening, likely from a drug overdose.

WEAPONS A 27-year-old man who was wearing a ballistic vest when he was stopped by police last Thursday in Abbotsford is facing 11 weapons-related charges.

FERRY Some BC Ferries sailings between Tsawwassen and Duke Point were cancelled until mid-afternoon yesterday because of mechanical problems aboard the Queen of Vancouver. METRO NEWS SERVICES

metronews.ca
What's online today.

Read Allan Small on what to expect as U.S. bailout money enters the market at metronews.ca/live
Play online Sudoku!

Plea entered in attack on gay man

ASSAULT The man accused of assaulting a gay man on Davie Street didn't show up in provincial court yesterday, and his lawyer has entered a not-guilty plea on his behalf.

Michael Kandola, 20, is charged with aggravated assault after allegedly punching out Jordan Smith last month, breaking Smith's jaw, while Smith was walking hand-in-hand with another man.

Kandola's lawyer said he advised his client not to appear in court when he isn't required to, and to avoid the media, cknw.com reports. METRO VANCOUVER

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Get out and vote tomorrow

Voters can cast their ballots in the Vancouver-Burrard and Vancouver-Kingsway byelections tomorrow between 8 a.m. and 8 p.m. To vote, you must be a resident of the electoral district, 18 years of age or older, a Canadian citizen and have lived in the province for the past six months. To find out where to vote, go to www.elections.bc.ca. METRO VANCOUVER

Herbert looks to make a positive contribution

KRISTEN THOMPSON
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RAFE ARNOTT/METRO VANCOUVER

NDP candidate Spencer Herbert campaigns along Denman Street yesterday.

It was watching his visions become a reality as a Parks Board commissioner that inspired Spencer Herbert to compete to be the voice for his community in tomorrow's provincial by-election.

"I think you should be giving back throughout your life," Herbert, NDP candidate for Vancouver-Burrard, said yesterday.

"On the Park Board I … saw the change that you can make for your community. Two examples of that (have been) redoing Nelson Park and doubling the size of Emery Barnes Park in Yaletown."

Herbert, whose professional background is in festival and theatre production, lives in the West End with his long-time partner.

He said voting in the by-election is the community's chance to send a message to Premier Gordon Campbell that homelessness and mass tenant evictions must stop.

"This is the one chance we've got to send a message of change," he said.

"We came very close to winning this seat last time and (our success this time) depends on whether people vote for change. Otherwise you're just saying (to the government), "Do whatever you want."

Herbert's bio

- Spencer Herbert was elected Vancouver Park Commissioner in 2005.
- His platform also focuses on the fight to keep St. Paul's Hospital in the community.

Consensus-building key to solving woes: Griffiths

JEFF HODSON
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RAFE ARNOTT/METRO VANCOUVER

Liberal candidate Arthur Griffiths outside his campaign office on Davie Street yesterday.

Bringing people together and solving problems through consensus is the key to the key challenges facing Vancouver-Burrard — the economy, homelessness and the plight of renters, Arthur Griffiths said yesterday.

"I like to build consensus," said Griffiths at his campaign office on Davie Street yesterday. "If you have willing parties at the table, chances are, you'll succeed."

In May, Griffiths, 51, former owner of the Vancouver Canucks and Grizzlies, announced he would run as a B.C. Liberal in the spring's provincial election.

Griffiths, a self-confessed "half-filled glass" optimist, said Vancouver-Burrard has much to be proud of, specifically its diversity, culture and art.

But as MLA, Griffiths said he's also prepared to tackle the riding's challenges.

He points to the new 100-bed Burnaby Centre for Mental Health and Addiction as a "huge step" toward helping homeless people with drug addiction and mental health problems.

VANCOUVER-BURRARD
Oct. 29 Byelection

He also pointed to Housing Minister Rich Coleman's announcement Sunday that two residential tenancy offices will open in Downtown Vancouver to help tenants facing eviction and rising rents.

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McLeod to cut the fat

MARIA COOTAUCO
for Metro Vancouver

Trimming the fat in government is at the top of Conservative candidate Ian McLeod's list of things to do if he gets elected in tomorrow's byelection.

Ian McLeod

The 42-year-old West End resident wants to put an end to "corporate welfare" that he said gives banks and oil companies up to $250-million in government money.

"If you eliminate any of those subsidies, you can pay for carbon tax," he said. "People in B.C. have a hard enough time making a living without this added expense."

On the issue of homelessness, McLeod said he'd propose reopening Riverview Hospital and building more community housing.

Read set to battle homelessness

Green party candidate Drina Read, 43, is running to fight homelessness, for affordable housing and worker's rights after volunteering with the party for seven years.

Drina Read

"Each homeless person costs the government $200,000 per year in emergency shelters, hospitalization, jailing according to the Pivot Legal Society," said the 20-year community resident.

The B.C. Green platform commits 1 per cent of budget revenue to build housing, mostly for low-income earners and people with disabilities.

MONICA MARTINEZ
FOR METRO VANCOUVER

Legal drugs will reduce murders: Emery

Marc Emery, leader of the B.C. Marijuana Party, said he is running in the Vancouver-Burrard byelection to remind people that the health of the Downtown Eastside impacts everyone.

Marc Emery

The man known as the Prince of Pot said the murder rate would drop to zero if we legalize all drugs and remove regulations in obtaining prescription drugs.

MONICA MARTINEZ
FOR METRO VANCOUVER

Tomorrow in Metro

A profile of the candidates running for MLA in Vancouver-Fairview.

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Coquitlam Centre
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2700B Barnet Hwy.
2 - 901 Lougheed Hwy.
22 - 2988 Glen Dr.

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Nazi collaborator loses Canadian citizenship
A Canadian judge refused yesterday to review an order revoking the citizenship of Helmut Oberlander, a man who lied when he moved to Canada about working with a Nazi death squad in the Second World War. REUTERS

Canada

"This would be the worst time to change your finance minister."
A senior Conservative staffer yesterday, speaking on condition of anonymity, about the new federal cabinet.

Flaherty safe

Stephen Harper appears certain to keep Finance Minister Jim Flaherty, left, in his post as part of the new cabinet to help combat the financial crisis. REUTERS

Listeria toll may be higher than reported

INVESTIGATION The human toll of Canada's listeria outbreak may be larger than officials have reported, a Torstar News Service/CBC investigation has found.

Health authorities have confirmed 20 deaths linked to listeria-tainted Maple Leaf cold cuts. But a lack of testing in nursing homes and hospitals during the outbreak could mean many deaths were overlooked.

In one case, blood tests have been denied to residents at a Mississauga nursing home even though one of their numbers died of listeria and at least one other person is sick. TORSTAR NEWS SERVICE

Watch as a N.L. inquiry into botched cancer tests sets its sights on Danny Williams at metronews.ca/canada

Testing the waters

Manley mulls jumping into Liberal leadership pool

Former Liberal cabinet minister John Manley says he is testing the waters to see whether he should run for the leadership of his party.

"I'm not jumping off the diving board until I'm pretty sure there's some water in the pool," he told reporters at the Ottawa Chamber of Commerce yesterday morning.

The former minister of finance and foreign affairs said he has heard from people across the country who would like him to throw his hat into the ring, but he said he has no strong desire to leave his life as a lawyer and replace outgoing leader Stéphane Dion.

John Manley

"I'm not overwhelmed by ambition to do something else. I feel like I had a great 16 years in public life and did a lot of the best jobs in the government of Canada — except for the top one," he said. "So, I'm giving it a pretty hard-nosed assessment."

He also said whether former New Brunswick premier Frank McKenna decides to enter the race would be a "factor" in making his own choice.

"That's a factor, if he makes a decision, but I have to make a decision for me," he said. TORSTAR NEWS SERVICE

Ottawa police use Google to Net crime hubs

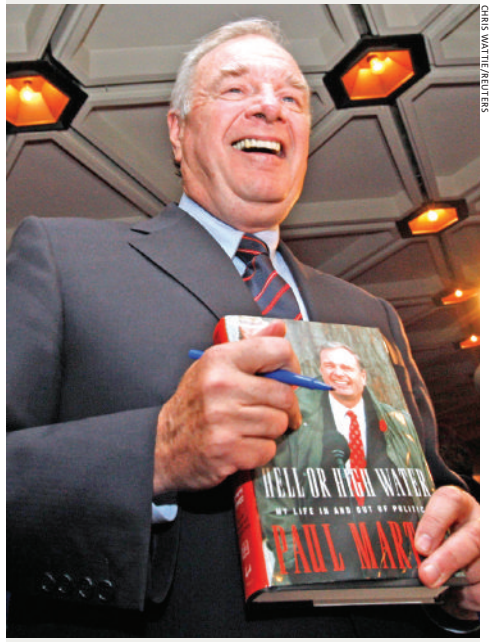
TIM WIECLAWSKI
Metro Canada

TECH The Ottawa Police Service launched a new Google-based crime-mapping tool yesterday that pinpoints calls for service throughout the city.

"We're hoping residents and citizens will be better informed about what is happening in their community and hopefully more engaged in terms of working with the police," said Randy Mar, the director of corporate planning.

Previously, city police depended on weekly reports listing five types of crime, with no map to plot their frequency by district. Mar said it took an officer all day to scan occurrences and input the information.

Ottawa A prime minister's story



CHRIS WATTIE/REUTERS

Former prime minister Paul Martin laughs while holding a copy of his autobiography during an event to mark the release of his memoirs yesterday in Ottawa.

News in brief

POLITICS Quebec Premier Jean Charest said yesterday he had not decided whether to trigger an election. There has been speculation for weeks that Charest would try to capitalize on his party's lead in the polls.

DISEASE A new vaccine for cows, approved by federal regulators yesterday, could be the first step in reducing the prevalence of the deadly E. coli strain — O157:H7 — found naturally in the environment.

WAR RESISTER Federal Court has stayed the deportation of another U.S. war resister, a support group said yesterday, CBC News Online reports. Soldier Matt Lowell was scheduled to be deported today to the United States.

POLITICS Nunavut Premier Paul Okalik officially held onto his seat for a third term in the Iqaluit West constituency yesterday, narrowly defeating Iqaluit Mayor Elisapee Sheutiapik in a close race, CBC News Online reports. With all three polls reporting, Okalik won with a 340-296 vote count, according to unofficial results by Elections Nunavut. METRO NEWS SERVICES

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Salmon tracking aimed to help in preservation

Hi-tech devices have tracked two small salmon on a 2,500 km swim from the Rocky Mountains to Alaska in a step towards understanding fish migrations, protecting stocks and where fish are most likely to die, scientists announced yesterday. REUTERS

World

"I've watched each of my babies fight so hard to survive."

Digna Carpio on the birth of her sextuplets — identified at the moment as A, B, C, D, E and F.

Sextuplets

A New York woman gave birth to sextuplets — four boys and two girls — earlier this month but kept it secret until yesterday when it appeared the babies would survive. REUTERS

Assassination plot revealed

Two white supremacist skinheads were arrested in Tennessee over plans to go on a killing spree and eventually shoot Democratic presidential candidate Barack Obama, court documents showed yesterday.

Barack Obama

Daniel Cowart and Paul Schlesselman were charged in a criminal complaint with making threats against a presidential candidate, illegal possession of a sawed-off shotgun and conspiracy to rob a gun dealer.

The plot did not appear to be very advanced or sophisticated, the court documents showed.

"We're unsure of their ability or if they have the wherewithal to carry out any of their threats," said a source close to the investigation.

Obama would be the first black president in U.S. history if he defeats Republican John McCain in the Nov. 4 election. Concerns about Obama's safety led the Secret Service to provide round-the-clock protection from early in his campaign.

The men stole guns from family members and also had a sawed-off shotgun. REUTERS

Amman, Jordan **Love at first sight**

MAIED ABER/REUTERS

Wafa Abdullah, 28, poses with her children Aseel, left, Rowa, centre, and Huthefa, right, at Isra hospital in Amman yesterday. Wafa saw her four children for the first time yesterday after a successful cornea transplant in her left eye. Wafa was born blind, according to the Jordan News Agency.

News in brief

SYRIA A raid by U.S. forces inside Syria Sunday is believed to have killed a major smuggler of foreign fighters into Iraq, a U.S. official said.

ISRAEL Tzipi Livni of Israel's Kadima party is poised to beat the right-wing opposition in a coming election, polls indicated yesterday. REUTERS

Hudson's 7-year-old nephew found dead

CRIME Police found the body yesterday of Academy Award-winning actress Jennifer Hudson's 7-year-old nephew, who had been missing since Hudson's mother and brother were slain last week.

Julian King's body had been left in the back seat of a stolen car found abandoned on a Chicago street.

body

- The vehicle in which the boy's body was found belonged to Jason Hudson

The discovery ended a search that began Friday after a family member found the body of Hudson's mother, Darnell Donerson, 57, and brother Jason Hudson, 29, both shot dead in the family home. REUTERS

Disabled face more abuse: Study

FINDINGS Women with a disability are more likely to suffer abuse by their spouse or partner, according to new research.

Dr Brian Armour, of the Centers for Disease Control and Prevention (CDC) in Atlanta, found that 37.3 percent of women with a disability reported violent abuse in their lifetime, compared to 20.6 percent of women without a disability.

"Future work is needed to get at why," said Armour, at the American Public Health Association's annual meeting. REUTERS

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Comment & Views

Comment

Left, right, north, south

National**Report**

This is bizarre. Americans are moving left. Canadians are moving right. It's almost always been the other way around. In fact, it's been 80 years since we've seen this. The only comparable time was when Franklin Roosevelt came to power after we elected arch-Tory R.B. Bennett.

That, too, was in a time of economic peril. Bennett didn't last long. FDR's liberalism soon spread across the border. A rising tide, they say, lifts all boats. It lifted our Liberal ones, sunk Bennett's.

This memory has probably intruded upon Stephen Harper's roomy cranium by now. There are those polls saying Canadians favour Democrat Barack Obama for the U.S. presidency by a margin of four to one! He's an American politician with a Canadian mindset. Or at least what has generally been considered a Canadian mindset. He's certainly no guns and God guy. He favours public health care, has a social conscience, prefers diplomacy to unilateralism. "I know that the hardening of the lines," he once wrote, "dooms us all."

A lot of Canadians are going to love this man, like they did FDR, in the way they were charmed by JFK. He is an independent thinker, not transfixed by any ideological trappings, but internally strong. It seems he has followed F. Scott Fitzgerald's dictum: "Life is something that can be dominated — if you're any good."

I'm trying to imagine Stephen Harper paired with him. Our PM can handle himself intellectually with anyone, but the danger for him is that he will look soooo last century up against Barack Obama.

It's true that Harper has moderated some of his original hardcore conservative gospels. But he's still an old-alliance type on foreign policy, he's still a foot-dragger on the environment and he's still more of a Milton Friedman disciple than a Keynesian. There are cycles of history. It's tough if you get caught up in the wrong one.

It's not just Harper who tilts against the new tide. There is other evidence of our rightward shift. Our population is moving West, the resource wealth is in the West, the Alberta influence gains strength, our media is more right-wing than ever. On the other hand, the fact that Harper didn't win a majority against a weak opponent tells you something. So does our overwhelming lean toward Obama.

Franklin Roosevelt became more popular here than R.B. Bennett. John F. Kennedy became more popular than John George Diefenbaker. In these careening times, they are precedents worth noting.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Now is the time government should slow down immigration

It now seems evident we are going to experience a serious economic recession, but so far there has been no suggestion that it is time to cut back on the extraordinarily high immigration intake of the last 10 years.

In the past, when Canada faced an economic downturn the immigration intake was also reduced. This was a sensible policy and beneficial to Canada and to immigrants. There is little sense in bringing immigrants here when they are unable to find jobs and either end up on our welfare rolls or displace other resident workers. Unfortunately, the policy of regulating immigrant numbers to labour force realities was abandoned in favour of a constant intake of about one-quarter of a million immigrants each year — regardless of labour force conditions.

Consequently, we now have close to 1 million immigrants waiting in the backlog to enter Canada. All of them have met the requirements and, by law, must be admitted. There are a further 60,000 to 70,000 asylum seekers already here waiting to appear before the Immigration and Refugee Board (IRB) and whether they are found to be genuine refugees or not, most will be allowed to remain. Added to this number are between 150,000 to 200,000 temporary workers in Canada and many of these will not return home when their contracts expire.

Views

A study published this summer by Prof. Herbert Gruber of Simon Fraser University showed that in the year 2002 alone, the costs in services and benefits received by 2.5 million immigrants who arrived between 1990 and 2002 exceeded the taxes they paid by $18.3 billion. This amount is roughly the cost of our Afghanistan campaign.

It is time our political parties stopped using immigrants as pawns in their political games and begin to act in the interests of all Canadians. A first step would be to cut the immigration flow in half and admit only the first in line of those waiting in the backlog and restrict new applicants to the children and spouses of people already here. This is an opportunity for our political parties to work together when Parliament is recalled. Let's see how they respond.

James Bissett is a former Canadian Ambassador and was the executive director of the Canadian Immigration Service from 1985-1990.

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Bullish Brazilian banks post profits

Banco Bradesco and Banco Itau, Brazil's two largest private-sector banks, reported third-quarter revenue increases of 3.2 and 14.6 per cent, respectively. Both banks saw potential to grow by snapping up loan portfolios from rivals in distress. **REUTERS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

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Employers set to cut wage hikes: Group

Canadian employers looking to cut costs to withstand the global financial crisis are planning to whittle away at wage increases in 2009, the Conference Board of Canada said yesterday.

"Chaos in the financial markets ... will undoubtedly put downward pressure on wages." Conference Board of Canada

Even before the market meltdown in September, companies said they were planning to scale back non-union wage increases to 3.9 per cent next year after raising them about 4.2 per cent in 2008, according to the think tank's survey of 395 employers from June through August.

The market meltdown since then likely means that increases will be closer to 3.4 per cent than the 3.9 per cent projected by the respondents, said a Conference Board official.

Other forecasts in the report, if revised, are also likely to be lower, it said.

"Chaos in the financial markets south of the border and globally will undoubtedly put downward pressure on wages in Canada," the Conference Board said in its annual survey.

The biggest pay hikes will be in the oil and gas industry and other natural resources, and Western Canada will fare better than the manufacturing-heavy Ontario, Quebec and Atlantic provinces. **REUTERS**

Financial services shedding jobs

MARKETS Fallout from plunging stock markets is beginning to emerge in the financial services sector as companies cut staff to reduce costs.

While Canadian investment banks have not suffered the massive upheaval that has gripped the U.S. industry, players of all sizes are struggling with a dearth of underwriting and advisory activity due to the precipitous stock market drop.

RBC Capital Markets, the investment banking unit of Royal Bank of Canada, laid off 20 equity-focused investment bankers last week, as did money management firms AIC and Sentry Select. **REUTERS**

Business in brief

MARKETS Stock markets worldwide tumbled as more U.S. banks lined up for government cash yesterday and the G7 expressed concern that the soaring yen threatened economic stability. But there were signs that global efforts to revive credit markets were working as interbank loaning rates moderated and the Fed set terms to buy commercial paper.

COMPUTERS Microsoft took the wraps off Microsoft Azure, its new computing service that allows companies to use its data centres to run web applications, in a bid to become a player in the "cloud computing" trend. The platform allows third-party developers to deliver software as an online service rather than on a single hard drive. **REUTERS**

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Stuff stockings with love

SmartCookies

smartcookies.com

In one short week the Halloween goodies will be packed away and the retailers will be hauling out their holiday best. We've already seen some stores decked out in festive décor. Before the spending madness begins, let's figure out how we can survive the holidays without getting a Visa bill that makes us lose our rum and eggnog upon opening.

Makin' a List and Checking It Twice

While it's a nice gesture to buy gifts for your entire family, friends and colleagues, if you take note of all the people you plan to buy for and how much that will cost, you will realize that a) it all adds up and b) a nice card or a warm wish goes a long way. This year, the Smart Cookies are drawing names for family members, setting a spending limit and only purchasing for that one person.

Use Cash

We've said it before and we'll say it again, paying with cash makes you think twice about your purchases and helps cut down on unnecessary spending. If you can't afford to pay for a gift with cash, then you can't afford to buy it.

Shop Online and Compare Prices

We love to shop online and compare prices as we go. We realize you will have to use your credit card for these purchases, so the next best thing to using cash is to make sure you are paying your bill off in full as soon as it arrives. If you don't pay your balance off in full, you'll lose the saving benefits of buying online.

Entertaining

Instead of offering a full bar, try serving a feature drink which will cut back on liquor costs. You can get four times the amount of drinks from a 26 oz bottle of vodka than you can from a 750 mL bottle of wine. And don't be afraid to ask your guests to bring their favourite dish to your soiree. Guests can bring dessert, appetizers or a side dish.

The Holidays are a Time to Share

Share clothes, accessories, shoes and handbags. Don't get wrapped up in thinking you need to buy something new for every holiday get together. Also, rent or borrow the tables, chairs and place settings that you will need to host the holiday get together instead of purchasing new items.

Remember What Matters Most

When we work with families on our W Network show, Smart Cookies, we always ask parents what they remember most about their childhood. They always recount quality time spent together and not video games or gadgets. While we appreciate that children should be treated with a few special things, don't go overboard. Instead, think of things you can do together that don't cost money, just a little bit of your time.

Visit smartcookies.com for more saving tips and e-mail questions or comments to smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

After the U.S. bailout, is there anything to look forward to? Read this week's column at metronews.ca.

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Unfortunate meeting of death and taxes

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q My brother-in-law recently passed away. My wife is not in the frame of mind to deal with tax issues related to his death, but I would like to help as much as I can. Can the funeral cost be deducted on his tax return? He repaid part of his Home Buyer's Plan (HBP). Does he pay tax on the balance?

Lawrence

A You and your family have my sympathies. There are some things in life that if we can avoid dealing with, we will. Our mortality is one. Taxes is another. The passing of a loved one generally leaves the family hurt, shocked and in disarray. There are so many things to get done. Least of all, taxes.

Unfortunately, taxes are part of death as it is part of our everyday life. Records should be kept in a place that is safe, known to family and easily accessible when needed. Personal expenses such as funeral cost, probate fees and administration cost to estate are not tax deductible. The deceased must report the entire balance owing to a HBP in the year of death. However, an election can be made by the surviving spouse to assume the repayments and defer taxes.

Filing a deceased taxpayer's return can be complicated — seek the advice of a tax professional.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

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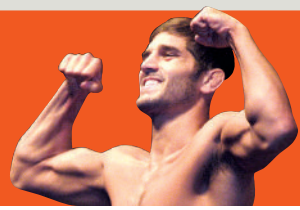
Dubin passes away

Former Ontario chief justice Charles Dubin, who was best known for heading an inquiry into steroid use by athletes, died at the age of 87 Monday. Known as the Dubin inquiry, the commission was formed after sprinter Ben Johnson lost his gold medal at the 1988 Seoul Olympics for testing positive for steroids. METRO NEWS SERVICES

Sports



Cote down for six to eight months

Canadian UFC middleweight Patrick Cote, left, whose title shot against Anderson Silva was cut short by injury at UFC 90 in Chicago on Saturday, will undergo knee surgery that is expected to keep him out six to eight months. Cote was forced to quit 39 seconds into the third round when his right knee gave out. METRO NEWS SERVICES

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Tonight

VS

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For the first time since 2005, the Boston Bruins take the ice at GM Place, where the Canucks are a perfect 2-0 this season.

For the second straight game, Vancouver will welcome a team playing its third game in four nights, as Boston was in Edmonton last night after hosting Atlanta on Saturday.

EVERY WHICH WAY BUT LOOCH: Burnaby native and former Vancouver Giants' star Milan Lucic has become the Bruins' Mr. Everything; he fights, he hits, he scores.

In the past week, Lucic has turned in his first career hat trick and put an opposing defenceman through the glass.

Tonight also marks Lucic's first game in Vancouver as a pro.

STAR GAZING: Bruins centre Marc Savard is among the league leaders in scoring, while defenceman Zdeno Chara averages more ice time than all but three NHLers.

POWER HOUR: After scoring four times with the man advantage on Saturday, Vancouver will have a chance to pad its power play stats as Boston boasts the worst penalty kill in the entire NHL.

LET'S GO STREAKING: Ryan Kesler leads the Canucks with nine points and has points in five straight games.

Rain suspends Game 5

WORLD SERIES – GAME 5

Game tied 2-2

VS

SUSPENDED BY RAIN

The Philadelphia Phillies and Tampa Bay Rays will resume Game 5 of the World Series tonight with the score tied at 2-2 in the sixth inning after steady rain created unplayable conditions on Monday.

Philadelphia are one win away from clinching the World Series crown, holding a 3-1 lead in the best-of-seven series.

Umpires ordered the diamond covered after Tampa Bay tied the game with a run in the top of the sixth on a field where rain had left puddles on the infield.

Major League Baseball officials said the forecast called for rain throughout the night, forcing a rare ruling to suspend the game and complete it from the sixth inning on Tuesday. MLB commissioner Bud Selig said the game would be resumed at a normal night-game start time, weather permitting.

Light rain had been forecast for Monday, but it grew stronger on a chilly night at Citizens Bank Park, and whipping wind made it even more difficult for the players, who were struggling to catch balls hit high in the air. Officials were reluctant to halt the game with the Rays trailing but were quick to pull the teams off the field after Carlos Pena singled off Phillies starter Cole Hamels to drive in B.J. Upton with the tying run. A game called off after five innings is declared a win for the team that is ahead, a result that would have given Philadelphia the Fall Classic crown.

"This is not the way to end a World Series. I would not have allowed a World Series to end this way," Selig said.

Selig added that had Tampa Bay not tied the score, the game would have been delayed out of concern for players' safety and they would have waited as long as it took for the weather to clear for play to resume. REUTERS

REUTERS/RAY STUBBLEBINE

Phillies shortstop Jimmy Rollins finds an infield dry spot before play was called in the sixth inning during Game 5 the World Series last night in Philadelphia.

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Sports in brief

NHL Alexander Ovechkin will miss at least one game while in Russia to spend time with his ailing grandfather. The NHL's reigning MVP caught a flight home yesterday morning and will miss the Washington Capitals' game against the Nashville Predators tonight after appearing in 203 straight games.

TRIAL David Frost engaged in threesomes with two teenage hockey players he was coaching and their girlfriends in the 1990s, the sexual exploitation trial of the former NHL agent heard Monday in Ontario. One of the women, now 28, detailed for the court how, during the first of two threesomes, her boyfriend had sex with her first while Frost was lying underneath her. Frost, 41, has pleaded not guilty to four counts of sexual exploitation against two former junior A Quinte Hawks players who cannot be named.

NHL Calgary's Jarome Iginla was named NHL's first star of the week Monday. Iginla posted seven points (5 G, 2 A) in that span. METRO NEWS SERVICES

Obama confident on the court

YorkReport

Marty York

marty.york@metronews.ca

He may be diplomatic in political circles, but Barack Obama is quite the trash-talker on the basketball court.

This, at least, is the word from Knicks point guard Chris Duhon, who played recently in a private pickup match with the man pollsters suggest will be voted U.S. president next week.

In an interview to be aired this week on the MSG television network in New York, Duhon said Obama hollered remarks such as "You can't guard me" in their game.

Obama was a shooting guard at Occidental College in Los Angeles. He led his school in scoring in 1979.

So did his team beat Duhon's?

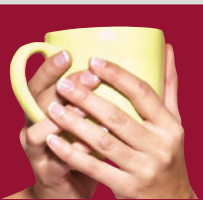
"No way," Duhon said. "He might be a good president, but I'm a better basketball player, and I wasn't going to let him win. I don't take it easy on anyone."

• Boston Red Sox reliever Jonathan Papelbon has put his game-used baseball glove up for bid on EBay, and the asking price is — brace yourself — $4,499.99 US ... The Bosox have told catcher/captain Jason Varitek he can rejoin them next year if he takes a sizable pay cut. If he refuses, Boston might pursue Blue Jays catcher Gregg Zaun ... The Florida Marlins are seeking to unload first baseman Mike Jacobs and the Jays have expressed strong interest in serious trade discussions ... Jays lawyer Gord Kirke spent the past few days at the World Series in Philadelphia, where he was hanging out with his longtime friend, Pat Gillick, and where he presumably spoke to the Phillies' general manager about returning to Toronto to reunite with front-office boss Paul Beeston and manager Cito Gaston ... Tampa Bay Rays manager Joe Maddon enjoyed some ribbing from some of the Phils' merciless fans during the Series, but he was infuriated by some moron who squirted mustard at his granddaughter. Maddon might press charges.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Exotic berry has many benefits
A biological cousin of the tomato, the cape gooseberry is high in protein and also contains vitamins C, A and B12. A recent Brazilian study found it's a good source of carotenoids, which may help protect against cancer and heart disease. **ALIVE MAGAZINE**

Health



A hot cuppa helps melt hearts

It may seem unlikely, but simply clutching a warm cup of coffee can bring on a flood of warm feelings, U.S. researchers said last Thursday in a finding that suggests a strong link between physical and emotional warmth. "Physical warmth can make us see others as warmer people, but also cause us to be warmer — more generous and trusting — as well," said John Bargh, a professor of psychology at Yale University in Connecticut. REUTERS

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Get the Bond bod

Building lower body strength is just as important as upper, trainer says

BRIAN COULTON
for Metro Canada

Your mission, should you choose to accept it: bulging biceps, washboard abs, impenetrable pipes and a chiseled jaw.

Oh, plus a sharp secret operative intellect, weapons proficiency and the ability to make A-list actresses swoon over you.

If Daniel Craig can play James Bond, why can't you? Sure, maybe you can't prod the barhop for a shaken martini as suavely as he can, but a Bond body may be attainable.

Jon Bula, personal trainer and owner of Vancouver's Groundworks Athletics, says you must prepare if you hope to shape a Bond-like physique. "If your end goal is to look like James Bond, you need to set the plan in motion on how you're going to get there," he says. "A James Bond body is not going to come easy. That's hard work, not a gimme."

While building your upper body seems like a key area to turn from average to Adonis, Bula says he tells his clients that working their lower body is just as important.

"(My clients) look at me like I'm weird, but when you train your lower body, it improves testosterone and growth hormone release, and it actually helps the rest of your workouts," he says.

Add that to weight training and finding the motivation to work out five days a week and Bula says men need not invest in a high-priced personal trainer to find results.

But, Bula urges a toned figure is more than just the absence of body fat. He says you need to focus on food, too. "You can train like a mad man and if you're overeating and drinking too much alcohol, you're still going to be chubby and you're not going to see the benefits of your training."

But how can you be like Bond without drinking his token martini? Doug Cook, a dietician at St. Michael's Hospital in Toronto says the traditional martini — gin or vodka and vermouth — is just fine in moderation. He wards against fancy mixes.

"If you're getting into mixed drinks or some of these pseudo-martinis, you're going to get a lot of higher sugar content mixes versus the more traditional one he drinks," says Cook.

Other dietary considerations Cook recommends include following a higher-protein diet and ensuring you consume appropriate fats, which he says are important to maintain testosterone levels and aid in burning body fat.

And while Cook contends a healthy diet doesn't require supplements, he says nutrients will direct metabolic rates for health and exercise. "A general multivitamin really should be recommended for everybody across the board."

• For more coverage, check out Rick McGinnis trying James Bond's life on for size on Page 15.

TORSTAR FILE PHOTO

A toned Bond-type body is about more than just exercise. To gain this physique you also need to focus on food, say experts.

Restroom fact or fiction?

HYGIENE Just in time for Halloween, some gruesome facts and stats about what's lurking in public bathrooms:

• Eighty per cent of all infectious illnesses, from the common cold to exotic, rare viruses like Ebola, are transmitted by touch — FACT.

• In an environment as humid as the bathroom, a single bacterial cell can multiply into one million clones overnight — FICTION. It is actually one billion clones.

• Always close the lid of the seat before flushing — the toilet can send small drops of aerosolized fecal matter as far as 20 feet into the air — potentially hitting every surface in the bathroom — FACT. Tip: Close the lid before you flush, especially if you like leaving your toothbrush on the sink.

SOURCE: THE SECRET LIFE OF GERMS BY PHILIP M. TIERNO, JR.

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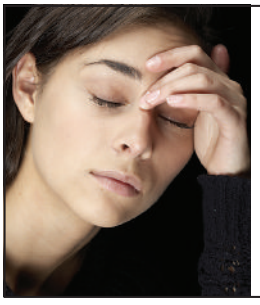
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Book examines digital technology's affect on youth

The generation gap is widening, and it's not just different musical tastes. Digital technology is rewiring young brains. That's the message of Gary Small, author of iBrain: Surviving the Technological Alteration of the Modern Mind, published this month by HarperCollins. TORSTAR NEWS SERVICE

Viewing HIV as a weapon is risky

Don't you hate it when a co-worker shows up at work sick as a dog?

"I hab a terribul flu," they sputter as you frantically reach for the bottle of anti-bacterial gel you permanently keep on your desk now, because it seems more and more people are deciding their need to prove their indispensability trumps your right to a virus-free zone.

I thought of this as I listened to reports on the trial of Johnson Aziga, the 52-year-old Hamilton, Ont., man facing two counts of first-degree murder after allegedly having unprotected sex without telling sexual partners he was HIV positive. Two of his alleged partners died of AIDS.

The only difference between the flu and the HIV virus is that one is airborne and one is sexually transmitted. But I have yet to see a case of someone being charged with attempted murder for spreading the flu virus to someone who then died of the flu (over 6,000 Canadians die of the flu annually compared to about 300 of AIDS). I understand that HIV, unlike the flu, is incurable, and that a life on antiviral drugs is no picnic. And granted, being airborne, it is harder to track down the flu virus carrier, but there is still something wrong with this picture.

In the case of the flu, we take precautions. We get vaccinated. We carry around buckets of Purell. In the case of HIV, we use condoms.

"We must bear some personal responsibility for the consequences of our sexual choices."

If your partner tells you they are not HIV positive, it is not enough to simply take their word for it. I'm sorry, but unless I see a piece of paper with test results, my partner's wearing a rubber. If I don't insist on this, I'm responsible for taking that risk, no matter what my partner has told me. Unless it's a case of rape, where the victim has no choice, we must bear some personal responsibility for the consequences of our sexual choices.

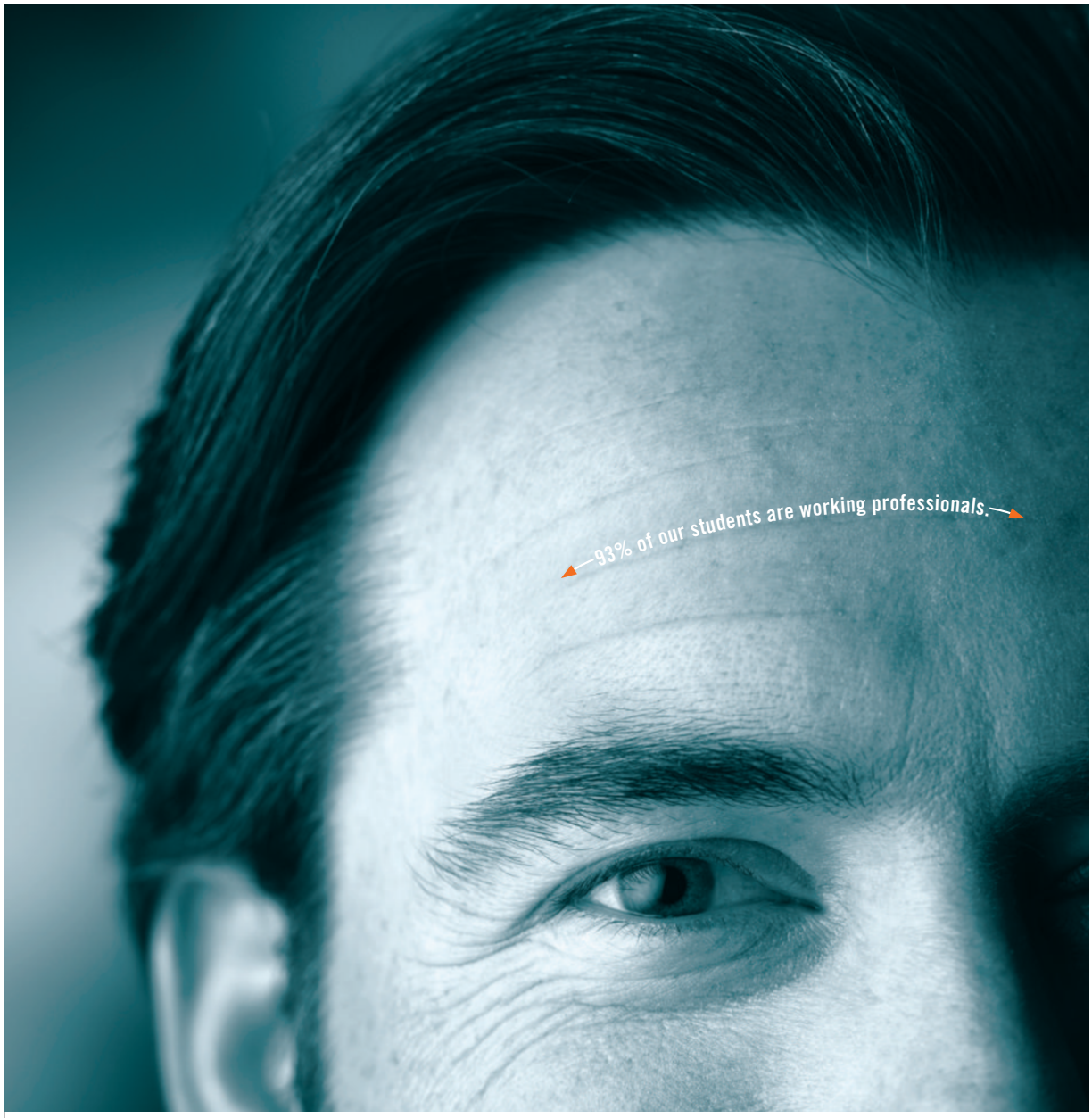
As utterly horrific as the allegations against Aziga are, I can't help but think that the legal reaction is more tied into our often-exaggerated fear of AIDS and our moral judgments when it comes to sexuality and the implied promiscuity we assume when it comes to sexually transmitted diseases.

Remember those stories in the early days of AIDS where someone would sleep with a stranger and wake up to find the message, "Welcome to the wonderful world of AIDS!" scrawled on the bathroom mirror in lipstick or delivered in a tiny gift-wrapped coffin?

Marianne H. Whatley, co-author of Did You Hear About the Girl Who…?: Contemporary Legends, Folklore and Human Sexuality says that urban myths like this reveal our irrational fears when it comes to sexuality.

Knowingly spreading HIV is no urban myth. But a virus as a murder weapon? That sounds more like science fiction to me.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



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Garber eyes U.S. citizenship
Actor Victor Garber has vowed to become an American citizen in time for the 2012 presidential election. Garber was born in Ontario, but has spent much of his working life in the United States and is eager to play a part in choosing the country's next leader. IMDB.COM

Entertainment

Birds remake
George Clooney is set to star in a remake of The Birds. The actor is the favourite to take the role of lawyer Mitch Bremner, portrayed by Rod Taylor in Alfred Hitchcock's 1963 original. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

007 requires stamina

RICK MCGINNIS
Metro Canada

PHOTO BY FRANK MONZA/A1

Metro writer Rick McGinnis reflects on his poor performance with a Colt .45 at the Silverdale Gun Club outside Beamsville, Ont., while researching how to become James Bond.

Even the villain was impressed. "Whoa," said Le Chiffre, the terrorist banker in Casino Royale, after Daniel Craig's James Bond was strapped naked into a chair before the film's excruciating torture scene. "You've taken good care of your body. Such a waste."

You knew something had changed when Craig's Bond walked out of the surf in the reboot of the Bond franchise three years ago in a blue and black La Perla swimsuit, echoing both Ursula Andress in Dr. No and Halle Berry in Die Another Day. Only this time it was Bond, not the Bond girl, who was showing off an incredible physique, and in one stroke men in theatres all over the world had one more reason to feel a bit inadequate.

Becoming James Bond – if such a thing were possible — starts with the man himself, a fine physical specimen in all but the later Roger Moore films; a killing machine by trade. My journey to try and be a bit more 007 starts with my gym, Bloor Street Boxing in Toronto, where Trevor, the head trainer, tells me what I'd need to do to even hope to fit into those swim trunks.

"With someone like Daniel (Craig) he didn't just start this the other day," Trevor tells me. "It's a long term thing to get there. The first little bit will always be easier. That's where a lot of people go wrong — they work out and lose a bunch of weight, but they don't move on." I need to sprint, not jog, for one — "With a lot of those stunts, he has to be more explosive" — and I need to avoid the weight machines in favour of the free weights, and exercises like dead lifts, squats and the overhead press.

He tells me that if I come in every other day and work out for a year, doing cardio all the while, I might come close to the Bond physique. With a full-time job and two kids, that's almost impossible.

My next step is Rob Ferreira's Krav Maga Toronto, where he lets me sit in on a lesson in the martial art developed by the Israeli army. Judo and karate were once the voguish Bond martial arts, but it's more realistic to imagine Bond, an ex-special forces soldier, learning this far less elegant discipline. "It's really basic," Rob tells me. "Primal is a good way to describe it. They want you to address the immediate danger by any means necessary, and then make sure you go home at night. Whatever the attack might be, a punch, a grab, a choke, a knife, a stick, a gun — whatever. It trains you to use your instincts."

I spend most of the hour trying to escape a bear hug by trying to kick Pat, one of Rob's trainers, in the groin — one of the "two heads" Krav Maga teaches you to target. I wake up the next morning almost unable to stand, my stomach and leg muscles numb with pain, but I have an appointment at Silverdale Gun Club, outside Beamsville, Ont., where Frank, a friend and a serving army officer, offers to show me how to handle a gun Bond style.

After a lengthy lecture on gun safety, Frank pulls out an AR-7, a compact little rifle that packs up into its own stock, and was featured in both From Russia With Love and Goldfinger — the sort of nifty lethal gadget that once thrilled Bond fans. It feels like a toy gun, and after a bit of coaching, I'm able to get a few shots on target, but then he moves me up to the sorts of weapons that Bond might pick up along his way — a 9mm Yugoslav-made Tokarev and a 1911 Colt .45 A1.

They're real handguns, and I'm hopeless with them; even shooting while sitting, or standing with both hands firmly wrapped around the grip, I'm barely hitting the bulls-eye, but when I try shooting with one arm, heroically extended in the Bond style, the recoil sends my arm twitching; puddles in front of the target explode, and clods of mud kick into the air, splashing mud on the target that remains unmolested by any ordinance. I am off to a poor start on my probably quixotic journey to become James Bond.

• Read Metro's Health feature on attaining the James Bond body on Page 13.

DVD picks

The James Bond Blu-ray Collection, Vols. 1 and 2

Director: multiple
Rating: N/A

JAMES BOND FANS are as familiar with the feeling of hands grasping their wallets as 007 is with finding beautiful babes or would-be assassins in his hotel room.

Devoted (obsessed?) Bond aficionados have over the years already purchased the series on VHS and one of the various DVD incarnations.

The switch to Blu-ray might seem inevitable, as indeed it is if you demand only the best. These high-definition discs do offer picture and audio quality noticeably better than what's come before, especially on the vintage Sean Connery titles Dr. No, From Russia With Love and Thunderball. The colours are richer, the blacks are deeper and the sound is so sharp, you can hear every gun cock and martini shake.

But if you already splashed out last year for the "ultimate" remastered series on regular DVD, do you need an upgrade now? Maybe not, especially since the cornucopia of extras are the same, only upgraded to hi-def.

MGM is still playing the shell game of packaging the iconic Connery Bonds along with the pretenders to the throne. However, this time you can immediately purchase the titles separately. Vol. 1 has Dr. No, Live and Let Die and Die Another Day. Vol. 2, the better of the two packages, has From Russia With Love, Thunderball and For Your Eyes Only.

Still no Connery commentaries! Maybe he's waiting for the next "ultimate" package.

Casino Royale (3-disc Collector's Edition)

Director: Martin Campbell
Rating: PG

ORDINARILY, IT would hard to recommend yet another purchase of this film, even if it does rank amongst the best Bonds ever and establishes Daniel Craig as the finest 007 since Sean Connery.

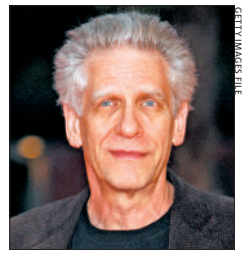
Who needs a third disc of extras if you've already bought the earlier two-disc set, and for a film released just two years ago? Well, that third disc actually contains some interesting material, including previously unreleased deleted scenes that provide an alternate opening and slightly more character development.

There are also several interesting new featurettes, about the role of the Bahamas in Bond lore and about the messy legalities that left Casino Royale, Ian Fleming's original 007 tale, locked in parody hell until this 2006 franchise revival.

If you're a serious Bond nut, you'll want it.

TORSTAR NEWS SERVICE

Read our review of My Winnipeg at metronews.ca /entertainment



GETTY IMAGES FILE

David Cronenberg.

Cronenberg penning his first novel

BOOKS Director David Cronenberg is taking a break from movie making to write his first novel, imdb.com reports.

Cronenberg has already been inundated with offers of publishing deals for his first book, despite the fact he has only written 60 pages, and has yet to decide what direction his creation will take.

Cronenberg, whose last movie was Eastern Promises, made the announcement at the Rome Film Festival in Italy last week.

"It's not like (horror author) Stephen King, but what it is exactly, I don't know yet," he said.

Girls Aloud top U.K. singles chart

MUSIC Girls Aloud notched their fourth number one hit with single The Promise going straight into the charts in top spot, the Official U.K. Charts Company said, Reuters reports.

It is the latest success for the group, which was formed on a TV talent show in 2002 and already boasts the most consecutive top 10 singles by a girl band.

They knocked last week's number one So What by U.S. singer Pink down to second place.

Singer Dido takes music lessons

PEOPLE Singer Dido went to university in Los Angeles to take music classes while making her new album, she has revealed, BBC News Online reports.

"I just wanted to use my brain," she said, adding her fellow students did not recognize her initially. "No-one noticed. It's great, no one ever does ... I don't go out of my way to be noticed, but I wasn't wearing a fake beard or anything."

METRO NEWS SERVICES

Too crude for some viewers?

Seth Rogen's new comedy Zack And Miri Make A Porno has been banned from several U.S. cinemas — amid fears it may be too crude for viewers. The Megaplex Theatres in Utah towns Salt Lake City, Ogden, Lehi, and Sandy have decided not to show the movie. IMDB.COM

LEFT: Ryan Mellors, left, Gillian Thomson and Hector Adams of the Vancouver Circus School dazzle guests at the B.C. Cancer gala with a performance of Hanging Gardens.

RIGHT: Brain cancer survivor Carling Muir gets a big surprise from B.C. Cancer vice-chair John Jennings as he leads the crowd in a round of Happy Birthday for the 21-year-old athlete.

ABOVE: MC and CTV news anchor Pamela Martin, left, and Premier Campbell's press secretary Bridgitte Anderson chat with speaker Dr. Brian Toyota at the B.C. Cancer gala.

RIGHT: Artist Athena Bax, seen here with Scott Walker, is thrilled to see her painting bought by Rocky Mountaineer's Armstrong family.

ABOVE: Collecting raffle tickets for the B.C. Cancer gala Rolex watch draw are Chelsea Armstrong, left, and Janie Hungerford.

LEFT: B.C. Cancer gala supporters David and Jill Lyall entertain guests at their table.

RIGHT: Guests Nicola Dohaney and Glenn Gardner enjoy the live music and more at the Big Brolly gala.

Mission: Possible

SocialEyes

Catherine 'Cat' Barr

info@catherinebarr.com

I've never seen $1 million raised in 20 minutes before, but thanks to an anonymous donor, the B.C. Cancer Foundation is once again proving that nothing is impossible. The aptly named 2008 Inspiration Gala was held last week at the Rocky Mountaineer Station and featured fabulous food and a stunning live auction.

Then, out of nowhere, an angel bearing $500,000 stepped up to match, dollar for dollar, any cash donations made live. Auctioneer Greg Rollo was equal to the task and quickly paddles started popping up everywhere. First, $100,000, then $50,000 — all the way down to $5,000. The cheering and applause was infectious and then it happened — $1 million. It was an emotional night all around as speakers at the podium honoured family members and a rousing chorus of Happy Birthday was sung to 21-year-old college basketball star and brain cancer survivor Carling Muir.

Overall, $1.5 million was raised for the foundation in a truly magical evening that ended with a performance by the Vancouver Circus School. Also congratulations go out this week to the great people at Cadillac Fairview and the Big Brolly Gala. Dal Richards and his orchestra headlined the sexy soiree at the HSBC Building where organizers put on the ritz to help raise funds for agencies that help support the homeless and mentally ill.

Cat calls? Submit your event at catherinebarr.com. She can also be heard on 650 CISL AM Radio every Tuesday at 8:40 a.m.

BELOW: Canucks' hunky conditioning coach Peter Twist is looking good with the beautiful Kim Heath on his arm at the B.C. Cancer gala.

On behalf of **ask a woman** event planning

and the BC/Yukon Region of the Canadian Breast Cancer Foundation

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Former Grateful Dead keyboardist Merl Saunders dies
Keyboardist Merl Saunders, who had a long-term collaboration with Jerry Garcia and the Grateful Dead, has died at the age of 74 from complications after suffering a stroke six years ago, his family said. REUTERS

Long, dark winter without Mad Men

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

I JUST DON'T KNOW WHAT TO DO WITH MYSELF: The season finale of Mad Men unexpectedly brought back a feeling I hadn't had in years — a sudden melancholy at the thought of waiting months for my favorite show to return.

The Germans probably have a multisyllable word for it — if they don't, I'm nominating fernsehentrauer (really, it works, you'll have to trust me) — and I probably haven't felt this way since they canceled Kolchak: The Night Stalker back when Gerald Ford was still president.

Most of a year will pass before season three, and unless something genius erupts onto the small screen in the meantime, I'm going to have to content myself with the deluxe complete holiday gift-ready Deadwood and Sopranos box sets until then.

As expected, the Cuban Missile Crisis was the historical frame for the finale, and the volume of Frank O'Hara poetry that was both prop and fetish object earlier in the season — Meditations In An Emergency — provided the all-too-perfect title.

A few loose ends were tied up, but not enough to make it look like a swansong, or to deprive the next season of the tinder necessary to get the fire going again.

Almost every character with an ongoing crisis got some screen time, with the possible exception of Joan and Sal, whose own crises need to get some real estate in season three.

Most surprising of all was venal, grasping Pete Campbell, who showed startling signs of becoming something like a human being — exceeding anyone's expectations since his Brylcreemed moonface poked its way up through the thicket of young suits in Sterling Cooper's offices.

The end of the Mad Men season and its absence until next summer resonates more like the loss of a friend or family member than a brief amusement deficit.

Most telling of all, he needed the presence of Don Draper and Peggy Olson (Jon Hamm and Elisabeth Moss), the show's pivotal characters, to effect this transformation.

Don's martial and personal freefall — the fulfillment of the show's justifiably iconic credit sequence — took up much of the season's oxygen, but creator Matt Weiner finally allowed Peggy to shine in a scene where we finally learn what happened to the baby she had at the end of last season — Pete's baby, he learns, devastatingly.

"One day you're there, and then all of a sudden there's less of you," she tells Pete, and she could be talking about the baby, or about some indefinable but vital part of herself.

I can't help but imagine my own birth mother, having the same thought, at around the same time, after giving me up for adoption — or maybe not.

The possibility, remote as it is, might explain some of my ardent connection to the show, and why its absence until next summer resonates more like the loss of a friend or family member than a brief amusement deficit.

"Most surprising of all was venal, grasping Pete Campbell, who showed startling signs of becoming something like a human being."

Rick McGinnis writes about music, movies, books and television, but not opera.

NBC's Wednesday night crime spree

TELEVISION Struggling NBC is the first network to shake up its fall lineup, rebranding Wednesdays as a crime night. Beginning Nov. 5, it will feature Knight Rider, former Friday show Life and the return of Law & Order. Lipstick Jungle, which has been underperforming in the 10 p.m. slot, is shifting to Friday starting this week — effectively swapping places with Life.

The shake-up represents a potential revival opportunity for Life, which shifted from 10 p.m. Mondays to 10 p.m. Fridays this season, losing significant viewership in the process. Damian Lewis stars as a detective given a second chance after he serves prison time for a crime he did not commit.

REUTERS

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	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/28/08	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	The Biggest Loser (CC)				The Best Years		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Criminal Minds (N) (CC)		Dancing With the Stars (CC)		Law & Order: SVU		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Islam 101 (CC)		Jozi-H Greg's brother arrives.		The Daily	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Joy" (N) (PA) (CC)		90210 (N) (CC)		Kitchen Nightmares (CC)		News (N)
	256	389	12 VI	Robson Arms	TMZ (N) (CC)	Pushing Daisies (N) (CC)		Fringe "The Same Old Story"		(:02) Eli Stone "Unwritten" (N)		News (CC)
	253	359	13 CITY	Law & Order: SVU		To Be Announced		Privileged (N) (CC)		NY-Hollywood	Friends (CC)	EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 (N) (CC)		Privileged (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Murder 2.0" (N) (CC)		The Mentalist "Redwood" (N)		Without a Trace (N) (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser: Families (N) (CC)				Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Three Fat Brides		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Great Pumpkin, Charlie Brown		Dancing With the Stars (CC)		(:02) Eli Stone "Unwritten" (N)		News (N)
	-	-	23 KVOS	M*A*S*H	Seinfeld	The Believers ★★★ (1987) Martin Sheen, Helen Shaver.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	About-Money	Nova (N) (CC) (DVS)		Frontline "The War Briefing"		America at a Crossroads		Independent
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "Joy" (N) (PA) (CC)		Fringe "The Same Old Story"		News (N) (CC)		Family Guy
	-	364	48 PBS	Frontline "The War Briefing"		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)	Nova (CC) (DVS)		
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (N) (CC)		Privileged (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	NBA Basketball		WGN News	90210 (N) (CC)		Privileged (N) (CC)		Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	63 STR	News (N)	News		Late Show-Letterman		(:37) The Biggest Loser: Families (N) (CC)			Will & Grace
news	502	390	29 NW	Raw Nature (N) (CC)		CBC News: The National (N)		CBC News: The National		Raw Nature (CC)		National
	500	500	43 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Air Racing		Hockey	Canucks TV	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NHL Hockey Boston Bruins at Vancouver Canucks. (Live) (CC)					SportsCentre	2008 World Series of Poker		SportsCentre
	411	457	49 OLN	Which Way to... "Lapland" (N)		Pilot Guides (CC)		Don't Forget Your Passport		Survivorman Costa Rica.		Angry Planet
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage		Final Score
	417	406	55 SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
	416	409	144 GLF	(6:00) Fútbol		Gol TV News		Kings Club	Kings Club	Paid Program	Kings Club	Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Home Imp.	Malcolm-Mid.	Fresh Prince	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	Shaggy	Ghosts	Ghosts	6teen (CC)	Total Drama	Futurama	American Dad	Chicken	Rick & Steve
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	World of Albert Kahn		The Museum	Art	Driving Dreams "Jaguar" (N)		Driving
	575	583	20 CMT	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Dance	Dance	Degrassi	Instant Star	Pimp My Ride	disBand	Technical Diff.	Video on Trial	Degrassi
	600	564	26 H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	31 A&E	The Rookies	The Rookies	Jacked: Theft	Jacked: Theft	The First 48 (CC)		The First 48 (CC)		The Rookies
	628	584	32 SPKE	MANswers	MANswers	MANswers (N)	MANswers	CSI: NY (CC)		Star Trek: Voyager "The 37's"		Deep Space 9
	521	560	40 TLC	Dr. G: Medical Examiner		My Shocking Story (CC)		Mystery Diagnosis		Dr. G: Medical Examiner		Gotta Hurt
	616	522	39 SHO	About a Girl	About a Girl	The Best Years		Testees (N)	Trailer Park	The Shield "Parracide" (N)		House (CC)
	620	523	00 BVO	Ultimate Manilow! (CC)		Law & Order "Punk" (CC)		Without a Trace "Pilot" (CC)		Breast Men ★★ (1997) David Schwimmer.		
	601	562	41 SLC	Tori & Dean: Home		Wedding SOS	In Laws	Rich Bride, Poor Bride (CC)		Tori & Dean: Home		Trading Sp
	520	505	42 DIS	Mighty Ships "Tregurtha"		Daily Planet (CC)		Destroyed	Destroyed	Mighty Ships "Tregurtha"		How It's Made
	522	506	44 HIS	NCIS "Split Decision" (CC)		Outlaw Bikers (CC)		Ax Men (CC)		NCIS "Split Decision" (CC)		Crime Stories
	627	528	45 SPC	Rabbit Fall	The Circuit	Stargate SG-1 (CC) (DVS)		Lost "Everybody Hates Hugo"		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	The Office	The Office	Frank TV (N)	Sex and-City	Sex and-City	Seinfeld	Very Funny Standup		Frank TV
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Planet Soap	What	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	62 FN	Chef School	At the Table	Restaurant Makeover (CC)		Challenge Luau menus. (CC)		The F Word		Chef School
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	320	621	60 CEN	(:05) This Film Is Not Yet Rated ★★★ (2006)			(:45) Portraits of a Lady (CC)			(:25) The Diving Bell and the Butterfly (2007)		Alpha Dog
	581	566	101 MTV	Paris Hilton's My New BFF (N)		MTV Live	After	Man and Wife	The Hills	Paris Hilton's My New BFF		MTV Live
	261	394	102 V	Origin-Halloween		MythQuest (CC)		Bless-Father	On the Buses	Quantum Leap		Paid Program
	-	-	105 MUL	Matchmaker	Mom's-Upset	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Eli Stone
Jordan (Victor Garber) must defend himself against charges of insanity while Eli (Jonny Lee Miller) pursues a case against lead paint manufacturers that could lead him to the Supreme Court. The two cases plunge the friends into an angry fight with the fate of their entire law firm hanging in the balance. Meanwhile, his father's diary leads Eli to discover that his visions of the future can be altered — but with shockingly unexpected results. 10:02 PM on ABC VI

Ultimate Manilow!
Singer-songwriter Barry Manilow draws upon 30 years of material for this concert-style special, which includes nearly all of the tunes on his greatest-hits CD "Ultimate Manilow." Taped at Hollywood's Kodak Theatre, the performance features the classics "Mandy," "Weekend in New England," "Can't Smile Without You" and, of course, "Copacabana." 7 PM on BVO

Grohl may be singing lullabies
Foo Fighters singer Dave Grohl, 39, and his wife, Jordyn, 32, are expecting a second child, his rep confirmed to People. No other details were available. PEOPLE.COM

Celebrity Buzz

Britney may star in biopic

MOVIES Britney Spears is set to star in a movie about her life, femalefirst.co.uk reports.

The pop star will reportedly relive some of the most traumatic events in her life — including her breakdown earlier this year, which saw her lose custody of her two sons Sean Preston, 3, and Jayden James, 2 — for the biopic.

"It will be dark and gritty, charting Britney's devastating falls including her traumatic custody battle for her two children. Let's just say it will not be for the faint-hearted. But it will also show the highs along her incredible life journey," a source says.

Spears is said to be keen to star in the project.

"If anything it will be cathartic for Britney. She has been through so much and is finally back to her best," the source added to Britain's Daily Mirror newspaper.

METRO NEWS SERVICES

Pink foresees clarity upon turning 30

PEOPLE Pink thinks the world will become "clearer" when she turns 30 next year, femalefirst.co.uk reports.

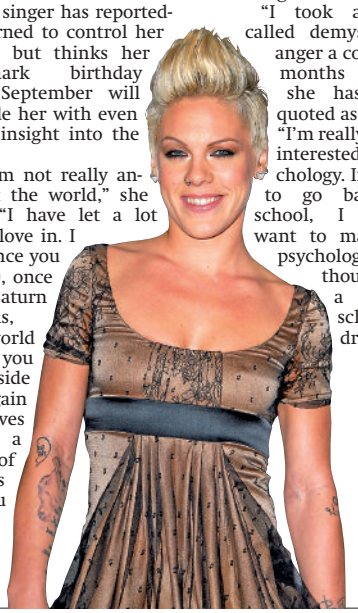
The singer has reportedly learned to control her anger, but thinks her landmark birthday next September will provide her with even more insight into the world.

"I am not really angry at the world," she says. "I have let a lot more love in. I feel once you are 30, once your Saturn returns, the world puts you right side up again and gives you a pair of glasses so you can see everything clearer."

Pink recently revealed she has been taking psychology classes to learn where anger comes from.

"I took a class called demystifying anger a couple of months ago," she has been quoted as saying. "I'm really, really interested in psychology. If I were to go back to school, I would want to major in psychology, even though I'm a high-school dropout."

METRO NEWS SERVICES



Sparkly spoon for Gwen's baby

PEOPLE Gwen Stefani's two-month-old son may soon be enjoying his meals with a $4,000 US diamond-encrusted spoon, femalefirst.co.uk reports.

The singer, who welcomed her second child with husband Gavin Rossdale, Zuma Nesta Rock, in August, was thrilled when her former bandmates presented her with the impressive piece of cutlery.

"Gwen loves it," a source says. "She would never buy it herself, but that is what makes it so special."

The specially-made sterling silver baby spoon is from exclusive jewellers Chrome Hearts.

METRO NEWS SERVICES

Amy undergoes tests

HEALTH Singer Amy Winehouse was hospitalized Saturday for tests on her chest and lungs, her London spokesman confirmed to People.

The 25-year-old singer, who was hospitalized in June with a severe lung ailment, had a doctor visit her at home Thursday, People.com reports.

Then, over the weekend, "they wanted to do some tests as a precaution," her spokesman Chris Goodman said. "Obviously she had lung and chest problems which she had treatment for not so long ago, so they're just making sure."

She was expected to return home yesterday.

Winehouse's father, Mitch, has previously said that the singer's lungs are "all gunked up" from smoking.

METRO NEWS SERVICES

Biography links Heath to bipolar disorder

BOOK Late actor Heath Ledger may have suffered from bipolar disorder, femalefirst.co.uk reports a new book as claiming.

Ledger was found dead in his New York apartment in January from an accidental overdose of prescription drugs.

Now a new biography of the star, entitled Heath: A Family's Tale, reveals his uncle Haydn suffers from the condition, and suggests it might have run in the family.

"I don't mind people knowing I have bipolar disorder, and it's a shame that it took this long to be diagnosed," Haydn reportedly told author Janet Fife-Yeomans.

METRO NEWS SERVICES

celebrity brief

Lindsay hasn't shunned the lads

PEOPLE Lindsay Lohan has denied turning her back on men for good despite embarking on a relationship with DJ Samantha Ronson, according to a pal.

The actress, 22, was romantically linked to Ronson when they were spotted kissing and cuddling at a party in Cannes, France, earlier this year, imdb.com reports. But Lohan's friend and celebrity insider Jo Piazza says she still loves men.

"Linds says Sam is the only girl she would go for," Piazza reportedly says.

A source adds, "(Lohan) has been telling everyone over and over that she's still into guys. She keeps saying that if anything went wrong with Sam she would date a guy next."

METRO NEWS SERVICES

celebrity brief

Katy intends to stay grounded

PEOPLE Singer Katy Perry insists she has no intention of letting fame go to her head, femalefirst.co.uk reports.

"You have to be really strong-headed to survive in this industry," she says. "If you are going to get into it, lose your vices because they are not something you should have — especially if you are in the public eye. Eat your vegetables, take your vitamins and be discerning about the people that are around you. Know who is a creep and who is not, who is there for the right reasons and who is not there for the right reasons."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

United Way works with community partners to help children succeed for life.

Success depends on all of us. Please give.

United Way
uwlm.ca

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Today Mainly sunny 15° / 8°
Wednesday Rain 100% 11° / 9°
Thursday Rain 60% 11° / 9°

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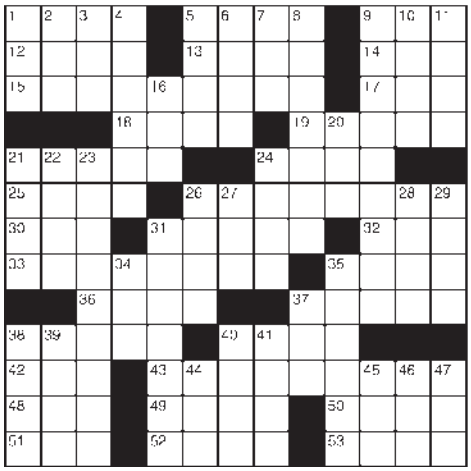

Crossword across

1 Tease
5 From the beginning
9 Affliction
12 Midwestern state
13 Tardy
14 Moreover
15 Ticket booth income
17 Carpet
18 Transaction
19 Poem
21 Distorted
24 Verdi opera
25 Full house, e.g.
26 Brown-bagger's option
30 Past
31 Satan's purchases
32 As well
33 Sports-page summary
35 Jalopy
36 Predicate word
37 Borscht ingredients
38 Tex-Mex recipe
40 "The Thin Man" dog
42 Actor Holbrook
43 Hinge-shelled reptile
48 Puncturing tool
49 A Great Lake
50 Once around the sun
51 Indivisible
52 Flavor enhancer
53 Exile isle

Crossword down

1 Chore
2 Discoverer's cry
3 Half-dozen
4 — cobra
5 — Romeo
6 Hammer's target
7 List-ending abbr.
8 Cotton plant attackers
9 Product purchaser, often
10 Responsibility
11 Advantage
16 A mere handful
20 School's web suffix
21 Moby Dick's pursuer
22 Palm starch
23 Tennessee city
24 Wheelbase terminus
26 Nincompoop
27 "— Town"
28 Winter garment
29 Brewery ingredient
31 Journalists
34 Choice (Abbr.)
35 Call for attention
37 A/C meas.
38 Secretary of labor under G.W. Bush
39 Actress Goldie
40 Botanical angle
41 Undo a dele
44 — pro nobis
45 Aviv lead-in
46 Retriever type
47 Geological period

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6			5			3	
		5	3		8	7		
8								1
2		4				8		9
			7		4			
5		3				6		2
9								5
		1	4		9	2		
	8			6			1	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

3	7	9	8	6	1	5	2	4
2	4	6	9	7	5	3	1	8
5	8	1	3	2	4	9	6	7
6	1	8	2	9	7	4	3	5
9	3	4	1	5	6	8	7	2
7	5	2	4	8	3	1	9	6
1	2	7	5	3	8	6	4	9
4	9	5	6	1	2	7	8	3
8	6	3	7	4	9	2	5	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Spicy Steak with Garlic Toast

INGREDIENTS:
2 tsp (10 mL) ground cumin
1 1/2 tsp (7 mL) chili powder
3/4 tsp (4 mL) oregano
1/2 tsp black pepper
2/3 cup (150 mL) spicy tomato-vegetable juice
4 tbsp (60 mL) freshly squeezed lime juice
2 cups (500 mL) frozen corn, thawed
2 green onions, thinly sliced
1 small red pepper, seeded and diced
12 oz (370 g) well-trimmed flank steak
1 loaf Italian bread, halved horizontally, then halved crosswise
1 clove garlic, peeled and halved

METHOD:
1. Stir together cumin, chili powder, oregano and black pepper in a small bowl. Place tomato-vegetable juice and lime juice in a measuring cup. Measure out 2 1/2 tsp (12 mL) of spice mixture and stir into the tomato-lime juice mixture.
2. Combine corn, green onions, red pepper and 1/2 cup (125 mL) of tomato-lime juice mixture in a medium bowl. Stir to combine. Refrigerate until serving time.
3. Preheat broiler. Rub remaining spice mixture onto both sides of steak. Broil steak 3 inches (8 cm) from heat until medium-rare, about 4 minutes per side. Remove steak, but leave the broiler on. Let steak stand for 10 minutes before thinly slicing across the grain, on the diagonal.
4. Place bread under the broiler, cut side up, until lightly toasted, about 30 seconds. Rub toasted side of bread with cut garlic and with the remaining tomato-lime juice mixture and cook until lightly browned, about 1 minute. Serve steak with corn relish and toast.

PER SERVING
376 calories, 27 g protein, 9 g total fat, 3 g saturated fat, 46 mg carbohydrate, 5 g fibre, 441 mg sodium
SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Reader's Digest

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Find a way to get out of tedious plans. Concoct a temporary solution to a problem. Let a deceptive person walk into a trap.

TAURUS
APRIL 21-MAY 21
A serious person gets too pushy. Someone fantasizes about excellent money ideas. A thrilling predicament looks scandalous to others.

GEMINI
MAY 22-JUNE 21
A hotshot's approach to a crisis wins allies. Feel the heat of a friend's obsession. An authority figure's indecision gets irritating.

CANCER
JUNE 22-JULY 22
A cruel woman demands hard answers. Pick up the pieces and rebuild broken things. A guilty brute makes tracks for parts unknown.

LEO
JULY 23-AUG 23
A good luck charm will cause surprises. Help out an anxious person and be reliable in a crisis. Someone else's stuff gives you an idea.

VIRGO
AUG 24-SEPT 22
A handyman makes an error with helpful hints. A flaky friend is dramatic and time-consuming. A secret is tormenting someone's conscience.

LIBRA
SEPT 23-OCT 23
You'll make some good points in a conversation. Don't waste a chance to discuss your work. An apathetic speech gets a senior in trouble.

SCORPIO
OCT 24-NOV 22
Don't refuse to admit to being at a disadvantage. A mysterious incident leads to pandemonium. Your goals are closer to being realized.

SAGITTARIUS
NOV 23-DEC 21
A man rationalizes his prolonged hostility. A silly oddball is on the way to success. Don't try to please a demanding coworker.

CAPRICORN
DEC 22-JAN 20
A youngster remains emotionally detached. Respond to a threat by refusing to be bullied. A confused person asks for direction.

AQUARIUS
JAN 21-FEB 18
A mystical friend gives you the solution to a dilemma. You'll feel an evolution of consciousness. Your best friend has news about a forbidden activity.

PISCES
FEB 19-MARCH 20
An irritating woman will grate on your nerves. Resolve to make crucial changes. A relationship causes a career to be put on hold.

AWARENESS DAY
Canadian Breast Cancer Foundation BC+Yukon
Join us for an inspiring luncheon as we share our progress on the road to 2020: The Future Without Breast Cancer.
WHEN: Thursday, October 30, 2008, 11:30 am to 1:30 pm
WHERE: The Fairmont Hotel Vancouver
PRICE: $99/ticket or $990 for a table of 10
TICKETS: www.cbcfbc.org
1-800-561-6111
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so your HAIR is THINNING

BIOTHERA CLINICS

LASER CLINIC OFFERS NEW HOPE FOR HAIR LOSS

Vancouver (Special)
A thinning head of hair or receding hairline is no stranger to many people, but it's not something you necessarily have to befriend.
There are new and innovative solutions to hair loss that will not only thicken the hair on your head but also boost your confidence and therefore improve your life.

Richard Armstrong, a consultant with Biothera Laser Clinics, started out as a client in Biothera's Vancouver, BC clinic several years ago and was so happy with his results he decided to get involved with the company.
"It's really quite amazing just how far technology has come. Most countries now approve of cold lasers as an effective treatment for hair loss" says Armstrong.
"We are utilizing the very latest in laser technology. Our clinical lasers use cold blue diodes specifically designed to treat hair loss. This state of the art process is patented and results are quite dramatic for most people" added Armstrong.

Not all people are candidates for the laser treatment however, and Armstrong says a simple consultation will determine a person's level of eligibility. Results are documented with photographs and clients should see visible changes within 3 or 4 months.
"We must be doing something right because 30 to 40% of our business comes from referrals" says Armstrong.
Although the majority of Biothera's clients are men, there is an increasing percentage of new clients that are female. "The treatment is equally effective for both men and women" says Armstrong.
What about price…something this good must be expensive. "Laser treatment for hair loss is surprisingly affordable given the alternatives and we back your results with a written guarantee" says Armstrong.
Biothera Laser Clinics have two locations in the lower mainland.

To find out more information log on to Biothera.ca or, better still, to book an appointment for a no charge consultation call the Vancouver Clinic at (604) 675-2030 or the Langley Clinic at (604) 455-2030.

Consultations are NO CHARGE

GET TO THE ROOT OF YOUR

HAIR LOSS

With Biothera's Laser Hair Therapy Program (LHT)

WHAT IS LHT?

Biothera's LHT program utalizes the very latest in patented cold laser technology to treat hair loss. Most clients would begin with a once weekly clinical laser session that takes approximately 20 minutes.
A portable home laser is also available for those not able to attend the clinic on a weekly basis.

WILL IT WORK FOR ME?

Call us today for more information or to book an appointment for a no-charge consultation with no obligation. If it is determined that you are a good candidate for LHT™, Biothera will guarantee your results.

COLD LASER TECHNOLOGY FOR HAIR LOSS IS RECOGNIZED AS BOTH SAFE AND EFFECTIVE BY THE FDA

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